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letters

CHOWING DOWN ON CHOW

Thank you for the sweet reviews of two of our favorite new-ish joints (Chow!, July 20).

Krob Krua had been our go-to for authentic Thai hot spectacularities and continued to be throughout the pandemic. The new location, as described in the article, is prime and a lot more comfortable than the former spot.

And while I am a chili relleno snob of the highest order, a solid tostada will also get me every time. The chili verde tostada at the Jaguar Café, topped with a ring of salsa verde and a crown of salsa roja (it's hot, baby!) has become my new go-to. Nice to hear of another family-run Mex establishment, as with our pals at 1960 Cocina (home of the perfect chili relleño)!

Lea Jones Eugene

BRING THE EMS TO THE FAIRGROUNDS

I am writing in support of bringing the Ems to Lane County Fairgrounds.

I find it impossible to believe that the finances for this project cannot be found. The longer this decision gets put off, the more expensive the project becomes. The Fairgrounds is an underutilized space that has great potential with the Ems. Their plan includes a facility that will provide year-round opportunities as well as a hotel and other amenities, without disturbing the existing landscape.

People who are already complaining about traffic and noise should have considered those things when they moved to the heart of a city. I did not buy a house 10 blocks from downtown Eugene to live in a sleepy suburb. This county used to be a vibrant place to live with weekly happenings that brought people out of their houses and together as a community. Here are some things that we no longer have: Eugene Celebration, Reggae on the River, Willamette Valley Folk Festival, Art and the Vineyard, local parades, Fourth of July fireworks.

It is unconscionable that money can continually be found and the taxpayers

can continually pay more taxes to support people that don't want to participate in society at any level, but you cannot find the wherewithal to support a project that can be enjoyed by young and old, and is a longstanding supporter of the community at large, is a family-friendly national pastime and will only serve to improve and uplift the surrounding area.

Do the right thing here.

Liz Treacy Eugene

BASEBALL BY THE MALL

Imagine a new stadium for the Eugene Emeralds in the northwest corner of the parking lot at the Valley River Center. The stadium would have a terrific view of the river. Fans could bike and walk to the games along the riverfront paths. It is not surrounded by a residential neighborhood that would be impacted by the traffic and noise of the games. There are wonderful restaurants and hotels and shopping adjacent to the site.

Instead, Lane County is proposing to build a stadium for the Ems at the Fairgrounds, causing noise and traffic congestion from three games a week for five months in the middle of a residential neighborhood with no restaurants or hotels or shopping nearby — at a cost of more than \$100 million - to benefita private organization whose owners don't even live in Oregon. What a terrible idea. Not just Valley River Center, but also alternative sites along the river in Glenwood or in the hills at LCC would have been far better. I vote "no" on a new stadium at the Fairgrounds. Oh, wait, they aren't going to submit it to a vote!

> Jim Kocher Eugene

ABUSING DEMOCRACY

I don't need space here to defend Oregon State Rep. Paul Holvey (District 8). His record as a fighter for working people and defender of the natural environment speaks for itself. He has been re-elected multiple times with more than 80 percent of the vote.

Instead, I have a question: Why a recall now and not a challenge in the





next election? I have heard no charges of malfeasance or the kinds of behavior for which the recall exists. I find only that a couple people who claim to represent a union disagree with Holvey's legislative

It appears that the people behind the recall understand a basic fact: If everyone votes in a regular election, it won't even be close. So they have resorted to a recall, forcing an extra vote in a non-election year, in the dog days of August. So what is this recall really about? Why do people who do not live in Holvey's district feel they can shower their money in our neighborhoods and subvert our vote from the last election?

The question on this recall attempt is not about the record of a state representative. The question is this: Do you agree that democracy should be abused?

> Steve McQuiddy Eugene

HOLVEY RECALL EFFORT HURTS TAXPAYERS

My family and I have been tax-paying residents of Lane County since the early 1980s. Taxes take a considerable amount of our earnings, but we know those dollars are necessary for maintaining and improving the community in which

we live. This includes funding public health, safety and law enforcement, funding local schools (one of the most important ways we can spend our collective treasure), repairing and modernizing our infrastructure and public spaces, affordable housing, food security for our children and elderly the list goes on.

Given the ongoing and increasing need for the aforementioned essentials, I find it unacceptable to have our tax dollars siphoned off to run a special election in House District 8. Apart from being politically reckless, this is an irresponsible use of our hard-earned money. According to Lane County Elections, a special election with a recall vote would cost at least \$65,000 to facilitate. That money should be spent to improve our community and make House District 8 a better place to live for all. I do not want our precious resources used to fund a dispute waged by a lobbyist against our state representative.

We, the citizens of District 8, will soon have the opportunity to cast our vote on Rep. Paul Holvey's return to office. I urge our community not to support this wasteful and unjustified recall effort.

> Justin King King Estate Winery

Quitting tobacco isn't easy but it's worth it. for me! **FOR FREE RESOURCES GO TO:** QuitTobaccoOregon.com



State Rep. Paul Holvey

Champion for Working Oregonians

Join His Supporters And **Decline To Sign The Reckless Recall!**



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Learn more at www.PaulHolvey.com. Paid for by Paul Holvey for State Representative, Committee ID: 4788



The Unusual Push to Remove Rep. Paul Holvey

UFCW 555'S RECALL CAMPAIGN AGAINST REP. PAUL HOLVEY IS FILLED WITH CONFUSION AND CONTROVERSY

By Eliza Aronson

olks in the Eugene area have probably encountered petitioners asking for support for the recall campaign against Rep. Paul Holvey. The petition claims Holvey killed "legislation that would have provided vital assistance to workers who had been on the front lines of the COVID crisis, claiming that the implementation would be too complex," and that "when it comes to standing up for workers, Paul Holvey always finds a reason not to."

On June 20, the Oregon Secretary of State's office announced that the United Food and Commercial Workers Union 555 branch, who filed the petition, had collected more than 6,600 signatures. In July, it was announced fewer than half of those signatures were valid.

And so the campaign continues, leaving political watchers puzzled as to why a union would want to recall Holvey and because no other union has said it supports the recall campaign. Holvey has been in office since 2004, previously was a business representative for the Pacific Northwest Regional Council of Carpenters and in the last election was re-elected by a wide margin.

In 2015 he was awarded the SEIU Champion for Working Families as well as the ALF-CIO Legislator of the Year, and in 2022 he was awarded the AFL-CIO Leadership Award.

Lobbyist Michael Selvaggio heads up UFCW 555's recall campaign. He is also the union's political director. Selvaggio founded a company called Osprey Field Services, dissolving it in early January 2020, according to the Oregon Secretary of State. Later that same month, a man named Joseph Emmons opened a business under that same name. Osprey is being paid by the recall campaign, which is largely funded by UFCW 555, according to the Secretary of State's Orestar election finance tracker.

UFCW 555's Communications Director Miles Eshaia says that Emmons asked Selvaggio if he could use Osprey Field Services's name and logo, which Selvaggio agreed to without any remuneration. "He [Selvaggio] has no financial interest in any way, shape or form in Osprey Field Services," Eshaia tells *Eugene Weekly*.

Generally, the recall system is used when a politician has done something egregious or broken the law, but the trigger for this campaign was when UFCW 555 introduced House Bill 3183, which the Oregon Legislature titled "relating to labor peace requirements as a condition for cannabis-related licensure."

Holvey says that when the bill was introduced, he wanted to get a legal opinion on it because he had some questions about the state bill being preempted by federal law. The Legislative Counsel's response to Holvey's inquiries shows that the conflict arose because the National Labor Relations Board had "not issued any formal decision regarding whether the protections and prohibitions under the NLRA [National Labor Relations Act] apply generally to employers and employees in the cannabis industry."

The deadlines for the House Committee on Business and Labor were coming, and so instead of letting the bill die, a motion was made to move the bill to the House Committee on Rules while waiting for a legal opinion.

The motion was approved 6-5, with Holvey voting in favor. If the motion had not been passed, HB 3183 would have died on April 4, but instead, it remained alive until June 25 when it died as the Legislature adjourned.

On May 19, the prospective recall petition claiming that Holvey had killed HB 3183 was created and signed by UFCW 555. However, the bill was very much alive in the Rules committee.

Because the bill was still technically alive when the recall petition was signed, Holvey alleges that Selvaggio was violating state law by using the recall petition as a way to influence his vote. According to Oregon Revised Statute 171.756(2), "A lobbyist may not attempt to influence the vote of any member of the Legislative Assembly by the promise of financial support of the candidacy of the member, or by threat of financing opposition to the candidacy of the member, at any future election."

Selvaggio is also part of Oregon Capitol Club, a professional association for lobbyists, and its bylaws state that "No member shall attempt to influence the vote of any member of the Legislative Assembly by the promise of financial support of the candidacy of the member, by threat of financing opposition to the candidacy of the member, at any future election."

Holvey sent a complaint to the president of the Capitol Club and the Oregon Government Ethics Commission.

Kathleen Stuart, founder and CEO of Stuart Collective, a woman-owned and women-run political campaign communications firm, is a part of Capitol Club. "The rules are really important. It gives people a place to come and say, 'Is this correct?' I think it creates a sense of structure that supports governance and democracy," she tells *EW*.

Asked about these complaints, Selvaggio says that the UFCW assumed the bill was dead because during the May 11 Rules committee hearing, Rep. Julie Fahey said, "Given the LC [legislative counsel] opinion and given that our lawyers are saying that it's likely preempted by federal law, I think it would be irresponsible for us to move this bill forward, so it's not moving forward this session."

Even with the LC opinion, Holvey voted to move the bill to Rules to keep it alive, instead of letting it die right then and there.

Selvaggio also says that he checked with the UFCW 555 team and believes that none of them had been in the Oregon State Capitol building since before the recall was filed. In regard to the allegation that the petition tried to sway Holvey's vote on the bill, Selvaggio says, "Additionally, no effort, either directly or indirectly, was made by UFCW 555 or with the knowledge of UFCW 555 to continue lobbying Holvey once that declaration had been made."

So far, UFCW 555 has spent more than \$100,000 on the signature collection, according to Orestar.

"It seems odd that they would want to waste taxpayers' money and waste their union members' money to try to recall me and [make] me out to be some sort of anti-union figure," Holvey says.

Using Orestar records, *EW* calculated that the petition committee RPH has paid Osprey Field Services \$126,255.92. Selvaggio is the treasurer for RPH.

When EW reached back out to Selvaggio to confirm the amounts paid to Osprey, and if the union planned to spend more money on the campaign, he declined to comment and said to talk to UFCW's Eshaia — though previously Selvaggio said that he was doing the communication for the union for the campaign.

Osprey's current owner, Emmons, is being sued in Washington state over a labor dispute with the local UFCW branches. In December 2021, UFCW 21 and 1439

started to discuss merging the two branches. While preparing for a vote on the merger, UFCW 1439 members said that Emmons was circulating a flyer around Spokane grocery stores. The court order that dismissed Emmons' motion to have the charges thrown out states that the flyer falsely accused "UFCW 21, UFCW 1439, and United Food and Commercial Workers Local 367 as well as its officers and staff were engaged in payoffs and coverups."

The order states, "Mr. Emmons and Osprey Field Consulting benefited financially in distributing the flyers," and that he never contacted any of the unions to determine if the statements in the flyer were true before distributing them.

Selvaggio and Emmons have worked together in the past. Before Osprey Field Services, Selvaggio was the president of Direct Action Partners, another petitiongathering firm. In 2018 there was a contract dispute in Colorado when Direct Action Partners stopped working on an initiative for Colorado Rising, an anti-fracking nonprofit, and Selvaggio left Colorado with 15,000 to 20,000 voter signatures, according to a lawsuit. Emmons was an employee of the business during that time, but it is unclear if he was involved in this dispute. Direct Action Partners dissolved after the dispute.

UFCW 555 submitted 6,600 signatures June 20, and 4,598 signatures were needed to trigger a recall. However, the Oregon Secretary of State's office announced on July 19 that only 2,610 of the signatures were valid. Because the 90-day deadline from when the petition was formed is August 21, there is still time for UFCW 555 to collect more signatures.

Stuart, who has worked on and run many big field campaigns, says in a recall campaign like this, it can be hard to get verified signatures. She says that most likely, signature gatherers are collecting at places like bus stops and the Fairgrounds, where people who are there might not actually be represented by Holvey.

She also makes the point that "unless the premise of the recall is very plausible, highly disqualifying and well understood by the voters, recall elections are likely to fail." Basically, if Holvey broke a law or did something obviously unethical, it'd be much easier to convince someone at a bus stop in under three minutes to sign a petition.

"Paul Holvey — he's a veteran lawmaker. He's been around a long time, people in Eugene know him. They love him. He took a lead role in passing minimum wage, passing paid sick leave, and supporting one of the strongest pay equity laws in the entire nation. He's a champion," Stuart says. "I think that voters know that. And I think that that makes gathering signatures real tough."

In an email to *EW*, Holvey writes "I am so grateful that my constituents have been incredibly supportive of me, and so I'm not surprised at the failure to get enough signatures. It shows just how out of step this recall effort is with our community."

Meanwhile, Osprey Field Services has union news of its own. On July 10, United Petitioners of Oregon announced their union in a press release and later posted on Facebook that they had unanimously signed union cards asking for voluntary recognition of the union from their employer, Osprey Field Services. "While our boss has missed the deadline to voluntarily recognize the union we aren't going back into the dark again," it says, adding, "Today the boss even tried to lie and say the union wasn't real!"

Eugene Weekly has reached out to UPO for comment.

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slant

- As we go to press, the Bedrock Fire up Fall Creek continues to grow in size nearly 6,200 acres as of Wednesday morning. The plume of smoke is visible from parts of town and the light smattering of rain we got July 25 hasn't quenched the dryness. Thanks, human-caused climate change! (Every time we say that a troll gets its wings). Interested in tracking fires in Oregon? One resource is wildfire.oregon.gov/pages/current-conditions. aspx, where you can find wildfire updates and smoke information. So far, Bedrock smoke hasn't hit us. Yet.
- Seeing a new name in our pages? Readers of our newsletter know that Emerson Brady, a recent graduate of the University of Oregon School of Journalism and Communication, has hit the ground running as Eugene Weekly's newest reporter. Got a news tip? Hit her up at Emerson@EugeneWeekly.com. Want to be in the know with our sometimes snarky, always timely (despite being produced by a weekly) newsletters? Sign up at EugeneWeekly.com/newsletters. The newsletters fill you in on our online extra content like Sen. Jeff Merkley's recent town hall at Lane Community College and the unionization of local Schnitzer Steel workers.
- She's a pediatrician by trade, a mother of three boys and her interests include gardening,

knitting and hiking. **Eugene resident Shanna Bunce also is a kick-ass CrossFit athlete**, and she will be looking to defend her world age-group title (55-59) at the NOBULL CrossFit Games, August 1 through 6 in Madison, Wisconsin. Think of it as the Olympics for CrossFit, and it's not for the meek. Only the fittest of the fit can enter. Bunce comes into the competition ranked third in her age group, and we wish her good luck!

- · Here's a mystery: Few novelists turn down a reporter's request for an interview about their work. Not so with LaVonne Griffin-Valade, sworn in June 30 as Oregon's secretary of state after the resignation of Shemia Fagan. Wait, a novelist? Turns out Griffin-Valade has written four mystery/crime novels set in the Oregon desert around her hometown of John Day, all featuring fictional Oregon State Police Sgt. Maggie Blackthorne. Starting in 2021 with Dead Point, first in the series, Griffin-Valade deftly describes not only the stark desert landscape but addresses such issues as Blackthorne's work as a woman in an all-male environment, local attitudes towards BIPOC and LGBTQ+ people, the challenge of solving crime in an underfunded police force and the cultural divide that has parts of Oregon trying to secede and join Idaho. We've asked several times for an interview, but so far Griffin-Valade is exercising her right to
- When athletic and cultural icons LeBron James, Serena Williams and Kim Kardashian show up and cheer on the Inter Miami CF

soccer team, the sport has surely entered the pop culture stratosphere. Of course, it helps that the match is the U.S. debut of the best soccer player ever, Argentinian Lionel Messi. But, hey, locally Eugene's own Lane United Football Club is helping fuel soccer's boom. Five Lane United alums are playing on U.S. teams. Is the next Messi chasing the ball somewhere in L.A., Dallas, St. Louis or Eugene?

- After the July 21 City Club of Eugene meeting on "The Future of Civil Rights in Oregon," we were reminded of the strangely popular governor of Florida, Ron DeSantis, saying that slavery helped some people. That's a candidate for president of this country talking such crap. He's also said stupid things about homelessness, like blaming "leftist policies" for the issue in California, while Florida and the rest of the nation have similar struggles. That brings us to the topic for the City Club meeting on July 28, last one for the summer: "Ending Homelessness in Eugene: All Hands on Deck." It starts at noon in the Maple Room at the Inn at the 5th.
- What we're reading: Lots of articles about Gov. Gretchen Whitmer of Michigan, already mentioned as a Democratic candidate for president in 2028. The New Yorker recently had a fine profile, followed by The New York Times. We wonder how Vice-President Kamala Harris views Whitmer. As a rival? Hopefully, the Trump-fueled increase in hate against people of color and women will have swung back the other direction by then.

It Must Be the Climate

OUR CLIMATE REALITY: LEARN to LIVE with WILDFIRE

We are living in a new era of fire propelled by human-caused climate change: the Pyrocene. Prolonged droughts, record-breaking heatwaves, and frequent episodes of strong dry winds make fires ignite easier and spread much faster. Understandably, wildfire has become the dominant specter of climate change in the western U.S. The media regularly uses images of houses fully aflame or incinerated ruins of rural communities to depict wildfire.

But these wildfire scenes also demonstrate a paradox: houses reduced to mounds of ash and twisted metal are surrounded by live trees with scorched but green foliage. How is this possible? Because our homes are more flammable than forests. When wildfires enter communities, they transition into urban fires — an entirely different phenomena than wildland wildfires. Unfortunately, politicians and the press conflate wildfires with urban fires, and this error results in much of the toll of fire disasters.

Municipal fire departments very capably suppress a single house fire through 'surround and drown' tactics. But a wildfire can threaten hundreds of homes simultaneously, and just a single tiny ember landing on a needle-covered rooftop can set off house-to-house ignitions in a chain reaction. With climate change producing more "red flag"

severe fire weather conditions, an urban fire can emerge from anywhere: a firecracker, a barbecue, a downed powerline, a deranged

arsonist.

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IT'S TIME FOR A FOSSIL FREE

EUGENE

Fire may damage or destroy buildings, but fire often rejuvenates wildlands. Most forest and grassland ecosystems require recurring fires to maintain ecological integrity. The past century of fighting all fires in wildlands caused widespread ecological devastation, and wildfires burn more severely in wildlands that were grazed or logged and converted into tree farms. We should end the futile attempt to exclude all fires from wildlands, and focus fire prevention and suppression efforts on what most matters: protecting our homes and communities.

A new study by Headwaters Economics, *Missing the Mark: Effectiveness and Funding in Community Wildfire Risk Reduction*, provides a solid critique of misplaced focus on wildland firefighting and logging to prevent urban fire disasters. The report shows wildfire suppression is the most expensive yet least effective strategy for protecting homes, but still receives the most government funding. Despite logging and other fuel reduction methods being expensive and only modestly effective, politicians beholden to the logging industry keep increasing taxpayer spending.

HOME HARDENING ~ retrofitting vulnerable parts of homes with building materials and installation methods more resistant to heat, flames, and embers ~ along with upgrading building codes and zoning laws to keep new homes out of wildfire-prone places are the least expensive and most effective means of reducing home losses yet receive little government funding. Bottom line: the majority of government policymaking and taxpayer dollars go to firefighting and logging activities, while residents are left to fend for themselves. A lot is wrong with this picture.

Home hardening includes simple and relatively low-cost maintenance work to reduce combustible materials like sweeping debris off rooftops, pruning branches and shrubs away from walls, keeping lawns watered and mowed. Unfortunately, many low-income, elderly, or disabled residents are financially or physically unable to harden their homes. The Oregon Conservation Corps (OCC) has stepped into this worrisome void.

Established by Oregon's 2021 wildfire bill SB-762, OCC has funded youth crews to help rural residents prepare for wildfire. Locally, Northwest Youth Corps treats over 140 homes in six different counties, and Willamette Valley Fire Collaboration created an all-Indigenous-youth fire crew who conducted controlled burning in prairies near Eugene. These burns reduced flammable vegetation, restored fire-dependent native prairie habitat ~ one of Earth's most endangered ecosystems~and revitalized Indigenous cultural burning traditions.

The OCC is the kind of future public-focused workforce needed for communities to survive the Pyrocene. This model program should be greatly expanded here and exported to neighboring states. Inexplicably and without debate, Oregon's 2023 legislature failed to renew OCC funding. Consequently, crews supported by this program are about to disband just as we enter wildfire season.

We need to shift the paradigm from fire prevention and suppression to fire preparation and restoration, while making a distinction between urban and wildland fires. Let's do the simple things needed to keep fire out of our homes, the planning and preparation needed to safely put fire back into our forests and prairies.

JULY 27, 2023

Dr. Timothy Ingalsbee is Co-founder and Executive Director of Firefighters United for Safety Ethics and Ecology, www.FUSEE.org, a faculty research associate and adjunct professor at University of Oregon, an instructor at Lane Community College, and a certified senior wildland fire ecologist.

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ALL THE COMMENTARY THAT'S FIT TO PRINT

Give People A Chance

AND ON HOT DAYS, BE SURE TO DRINK PLENTY OF WATER

BY VICTORIA KOCH

find it's easy to make assumptions or judgments about people. Recently, one hot late-summer morning, I was getting ready to water my front yard and back garden. As I walked outside towards my sidewalk, I noticed a group of loud talking young boys sitting in front of my neighbor's fence with all their packs and gear askew. There was also an assortment of pop cans on the parking strip. "Oh great! They will probably leave a mess." I decided to water my backyard first.

When I returned to the front yard, a few of the boys were standing with their heavy packs hoisted upon their backs; others were sitting, still sorting through their junk. The talking had gotten louder. "Oh well," I thought, "I have to water."

With my hose spraying my flowers and vegetables, I snuck a look their way. A few of these young boys or young men were ready to travel on. One of them came from across the street to meet the group using the F-word. Another one looked over my way and said, "Sorry, Ma'am."

Those two little words changed everything for me. I shed my frustration and replied, "Thank you for saying that."

By now most of the group were heading down the street. One young boy was left on the sidewalk putting his final items into his pack. The pop cans continued to lay in the dirt. Slowly, though, I watched as this young man picked up each can and put it in his pack. "Thank you so much for cleaning up. People often leave such a mess."

I am an outgoing person and can easily talk with most strangers. This kid started reminding me of all the kids I taught as a teacher at Looking Glass's Riverfront School.

"Do you have your high school diploma?" I asked.

"I have my GED," he replied.

"That's so great! Where are you from?"

"Junction City," he replied.

Our talk flowed easily. I began wondering how this kid came to be on the street. But I didn't ask. As he was getting ready to leave and join the rest of his crew, he told me: "Be sure to drink plenty of water. It's a hot day."

My thoughts started pouring in: What a sweet kid. He's caring about me, and he's on the street. Why is he on the street, I wondered. What is his family like? His pack was on his back, and he told me that St. Vincent had these white tents by their store where they let street kids sleep. He also mentioned that he wanted to get some kind of job and save his money so he'd be able to get a room in an apartment.

Why do we criminalize and put down the homeless? Why do we stereotype kids who are on the street? As I watched him walking down my block, I remembered I had some leftover homemade taquitos. I quickly gathered them from my refrigerator and ran after him. "Hey, hey." I said loudly. He stopped and turned around as I approached.

"Here, please take these. I made them and they might fall apart but they have good ingredients."

He smiled broadly, "Don't forget to drink plenty of water." \blacksquare

Victoria Koch has been an English teacher with the Looking Glass Riverfront School, a supervisor and caseworker with the Looking Glass Summer Youth Employment Program and a Eugene 4J home instruction teacher.

Mad About Guns

ONLY A STRAINED INTERPRETATION OF THE 2ND AMENDMENT CAN SUPPORT WIDESPREAD OWNERSHIP OF MILITARY WEAPONS

BY TOM COFFIN

here is an article in the *Chicago Reader by* Deanna Isaacs published July 12, titled, "What we talk about when we talk about guns," that makes the point that gun violence is a redundant term. We don't talk about bomb violence — bombs are inherently violent. So are guns. Violence is the purpose of guns.

If one researches the history that reflects the origin or roots of our nation's abominable descent into mass shootings — and murderous sprees against school children and other innocent victims — one will find that the gun industry was in a downward spiral as hunting and demand for sporting rifles had plummeted, as did profits. Into the breach stepped the powerful National Rifle Association, which methodically funded what is fairly described as pseudo-scholarship to re-invent the Second Amendment as conferring a personal right to possess

That newly created narrative included the supposed purpose of arming citizens in order to enable them to rebel against the very constitutional government which the Founders were establishing with its checks and balances. This despite the Founders having defined treason as taking up arms against that very government.

firearms as opposed to a right tethered to a well regulated militia.

But this glaring contradiction persisted and found a home within the halls of the Supreme Court, whose collective wisdom may have suffered from the influx of unreported gifts by billionaires to a number of justices weighing in on the question. It is not an exaggeration to describe the resulting decision as one implicating life or death for multitudes of the people who have been tragically impacted by the ruling.

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impacted by the ruling.

The industry's profits soared. The guns that were produced and marketed included versions of the most lethal semi-automatic weaponry developed for the military, designed to kill the most enemy combatants in the shortest period of time.

We have gone from sporting rifles to military assault weaponry, from shooting animals to shooting people. We are, in short, hunting each other now as the quarry with ever more powerful guns.

A final observation. Stand your ground laws and self-defense rationale as a basis for taking lives are being cited as some sort of 007 license to kill. The law regarding deadly force, however, is not as permissive. A trained law enforcement officer must have probable cause to believe a suspect is a threat to inflict deadly force or serious bodily injury on the officer or others before using deadly force in defense. Very few private gun owners have that training. One can't shoot at someone just because the person is lost and knocks at the door or drives down the driveway, etc. This is why regulation, training and background checks are necessary.

We don't let people drive a car without passing the required tests. Modern guns are even more dangerous, yet many demand to possess an AR-15 and tote it around without restriction. No sane society would even hope to survive such madness. ■

Thomas Coffin is a retired United States magistrate judge. He served 24 years in the U.S. District Court for the District of Oregon, from 1992 to 2016.

Housing is Health Care

CREATING HOSPITAL DISCHARGE SOLUTIONS FOR THE UNHOUSED AND MEDICALLY FRAGILE

BY CHRIS CUNNINGHAM

ill remembers limping after injuring his left foot, but he certainly wasn't thinking the worst. The pain continued, and he learned he had a broken toe, and to complicate matters, diabetes. PeaceHealth Riverbend quickly scheduled his surgery to amputate three toes.

The 55-year-old man had recently moved back to Oregon from Georgia, where he had been working part-time in a restaurant and caring for his elderly parents during COVID. He attributes his diabetes to the sugary soda pop he drank in large quantities at his workplace, but he figured it was a better alternative than the large amounts of alcohol on which he had become reliant.

When Bill returned to Eugene, he had nowhere to go and ended up living with an acquaintance. However, he didn't want to burden him while he was recovering from surgery. So the social worker at Riverbend wrote a discharge plan for Bill to stay in a pallet shelter encampment at St. Vincent de Paul on Highway 99.

It's hard to imagine being discharged from a hospital with nowhere to go, especially when our local social safety net for people who are homeless is fragile. ShelterCare recognized this gaping hole in the health care continuum in 2013 and ever since has been providing post-hospital recuperation to people who are medically fragile and unhoused.

While the temporary shelter was safer than the streets, Bill said maintaining a diabetic diet and caring for his surgical wounds

was next to impossible. Once a chef, who prepared healthy vegetarian meals at venues like Breitenbush Hot Springs, Bill knew he needed to adopt a diabetic diet as well as dress his surgical wounds. But he didn't have ready access to a kitchen and running water.

Because Bill was able to walk, bathe himself, administer his own medications and was eligible for the Oregon Health Plan, he was approved for a room at ShelterCare's Medical Recuperation Program (SMR) on Hwy 99. Each unit has a shower and toilet, a small sitting area, and a microwave and refrigerator. ShelterCare's 18-bed program is funded primarily by PacificSource and Trillium, both Coordinated Care Organizations for Oregon Health Plan consumers.

Located in a repurposed hotel in west Eugene, ShelterCare's SMR program has since early 2023 provided Bill with a warm room, three cooked meals a day, transportation and case management to help him heal and eventually transition to permanent housing. A visiting nurse stops by to change the dressings on his foot. Bill hopes that access to all these services will strengthen him enough for future employment.

The SMR program staff have also helped Bill establish a relationship with a primary care physician. Bill's fragile condition and acute medical needs have warranted a far longer stay than the average of 60 days, requiring his physician and insurance provider to approve extensions every month.

Scott Eastman, short-term housing manager at ShelterCare, says about 30 percent of SMR's participants are on diabetic diets, the result of not having access to nourishing foods, health care and medicine. From May 2022 to May 2023, 49 percent of SMR participants had three or more concurrent medical conditions post-hospitalization, including mental health and chronic health issues, substance use disorders and physical disabilities.

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SMR provides case management to facilitate longer-lasting solutions to its participants, including long-term housing. While such efforts don't guarantee a perfect ending for everyone, some 68 percent of the program's participants transition to more permanent housing arrangements. "We want to increase their options when they leave," Eastman says.

"It's taken a lot of time to fine-tune the process," Eastman admits. But the care SMR has taken to create collaborative relationships with local hospitals and insurers has paid off. "Insurers love us because we provide care at a fraction of the cost of hospital care," he says.

Eastman says there are hidden costs involved in not providing care to people who are unhoused and discharged from the hospital or emergency room. Without post-hospital care, many are readmitted to the hospital, make frequent visits to emergency departments, and have a shorter life expectancy, greater use of acute hospital services and higher mortality and morbidity.

Sadly, across the country, many hospitals do not have policies that adequately address post-discharge challenges for people who are unhoused. Research shows that most people who are homeless are discharged to emergency shelters or to the streets. With few options, it is difficult if not impossible to clean wounds, prevent infections, get restorative sleep, and eat nutritious meals.

Research published by the National Center for Biotechnology Information notes an increase in hospitalizations among the

unhoused population. Although the reasons for the increase are not known, speculation suggests that an aging homeless population and a lack of access to preventive care may be two contributing factors.

Recent legislation in Oregon emerged following the death of a Salem woman who didn't have a place to go after her discharge in winter 2022. Seeking a change in the current state system are three Oregon elected officials: Senators Deb Patterson and Kayse Jama, and Rep. Paul Evans, all Democrats. This year, the senators introduced Senate Bill 1076, which would require hospitals to have specific procedures for the discharge of homeless patients.

The bill received mixed support, Patterson writes, but a broad coalition supports another bill, SB 1079, that has established a Joint Task Force on Hospital Discharge Challenges to address the issues that hospitals face when trying to discharge patients to appropriate post-acute care settings. A broad coalition of stakeholders, including the Oregon Association of Hospitals and Health Associations, supports SB 1079, which has until Nov. 1, to submit administrative changes to the governor that do not require legislative actions.

In the meantime, SMR will do what it can to assuage the conditions for unhoused people, like Bill, who are leaving hospitals in Eugene/Springfield, and to provide an environment that lends itself to improved health outcomes and enhanced well-being. Bill grants that his extended SMR stay has played a significant role in his healing. "I'm grateful for the ShelterCare program," Bill says. ■

Chris Cunningham is a member of the ShelterCare Public Relations committee and is a participant with NAMI's (National Alliance on Mental Illness) Statewide Policy Advocates. ShelterCare is a Eugene-based nonprofit, founded in 1970.







It's time to party with lizards, snakes, alligators, frogs and turtles July 28 at the Graduate Hotel. They take center stage for the opening night for The Reptilian *Cotillion*: An art show celebrating the slithery and scaled. "It's a very quirky show," says artist Rae Matagora, who is curating her first solo exhibit, and she promises that you will be immersed in a whimsical realm where reptiles epitomize grace and elegance. Matagora encourages everyone to wear bow ties, gloves or any reptile-themed attire. "At the core of it, it's dumb fun," Matagora says. The Eugene artist is a screen printer, illustrator and designer, and the exhibit, she says, reflects that. "I'm really playing with large-scale art." In addition to the art, The Reptilian Cotillion show features refreshments (non-alcoholic "Pond Water Punch") and gummy bugs to snack on. Also, there will be a photo booth with Eugene photographer Athena Delene.

The Reptilian Cotillion: An art show celebrating the slithery and scaled — a family-friendly art exhibit from screen printer, illustrator and designer Rae Matagora is 6:30 pm to 8:30 pm Friday, July 28, at the Graduate Hotel, 66 E. 6th Avenue. RSVP at GraduateHotels.com/ happenings. FREE. - Dan Buckwalter

THURSDAY

JULY 27

ARTS/CRAFTS

Embroider a photo, 4pm, Eugene Public Library.

COMEDY

Wild Ones: A curated comedy open mic, 8pm today & Thu., Aug. 3, WildCraft Cider Works, 232 Lincoln St. FREE.

FARMERS MARKETS

Monroe Farmers Market, 4-7pm today & Thu., Aug. 3 Monroe High School, 365 N. 5th St., Monroe.

KIDS/FAMILY

Summer Reading Program thru Aug., all Eugene Public Library locations. FREE.

Bilingual StoryWalks, all day thru Aug. 30, Acorn Park, Park, 2311 W. Irwin Way.

Family Storytime, 10:15am, Bethel Library, 1990 Echo Hollow Rd. FREE.

Storytime in the Park w/ Eugene Public Library, 10:15am, Awbrey Park, 4291 River Rd. FREE

Make Bug Magnets, 10:30am, Sheldon Library, 1566 Coburg Rd. FREE.

Hands-on Maker Expo, 2pm, Eugene Public Library. FREÉ.

Tiny Human Survival Training: Support group for expecting & new parents 6-7pm, Nurturely, 56 E. 15th Ave. FREE.

GATHERINGS

Hearing Voices & Different Realities Discussion & Support Group, 10-11:30am, Trauma Healing Project, 631 E. 19th Ave., building B.

Queer, Trans & Disability Group, 6-7pm today & Thu., Aug. 3. Email Info@ Transponder.Community for link.

LECTURES/CLASSES

Computer-based Production & Revision Skills: One-Time Workshops + Q&A w/ Eric Witchey, 6-7:30pm, WordCrafters. org. \$15-25.

Pub Talks, 6pm, Old Nick's, 211 Washington St. FREE.

"You Don't Have to Experience Climate
Anxiety Alone" w/ Climate Cafe, 6:30-8pm, Unitarian Universalist Church, 1685 W. 13th Ave. FREE.

Summer Series: Juniper Djinn, jazz, 5:30pm, Hult Ctr. No cover (N/C).

Open Blues Jam w/ Dave Roberts, 6pm, Jimmy Mac's Overtime Bar & Grill, 770 S Bertelsen Rd. N/C

The Porch Band, folk, 6pm, Territorial Vineyards & Wine Co., 907 W. 3rd Ave.

Swing Shift Jazz Orchestra, 6:30pm, Roaring Rapids Pizza Co., 4006 Franklin Blvd. N/C

The Traceys, Americana, 6:30pm, River Road Park & Recreation District, 1400 Lake Dr. N/C.

Bossa Blues, 7pm, beergarden, 777 W. 6th Ave.

Katalysst, folk rock duo, 7pm, Thinking Tree Spirits, 88 Jackson St. N/C.

Melody Baker, jazz-folk, 7pm. Mac's Restaurant & Nightclub, 1626 Willamette St. N/C.

David Larsen Quartet, 7:30pm, The Jazz Station, 124 W. Broadway. \$15.

Two Lions, folk rock. 7:30pm, Axe & Fiddle, 657 E.

Main St. N/C. Hell Baby, punk, 9pm, John

Henry's, 881 Willamette St.

In The Works, punk, w/ Moon Bear, 9pm, Sam Bond's, 407 Blair Blvd. \$5.

Reggae Shock Out, 9pm, The Big Dirty, 844 Olive St. N/C.

Soul Vibrator, rock, w/ Hard Maybe & Max Pinder- Live!, 9pm, Blairally, 245 Blair Blvd. \$10.

Funk Jam!, 9:30pm, Luckey's Club, 933 Olive St.

NIGHTLIFE

Bingo Thursdays!, 5pm today & Thu., Aug. 3. ColdFire Brewing Company, 263 Mill St. FREE.

Karaoke, 6pm today & Thu., Aug. 3, Slice Pizzeria, 325 Blair Blvd. FREE.

Cribbage Tournament. 6:30-8pm today & Thu., Aug. 3, Falling Sky Delicatessen, 790 Blair Blvd. More info at EugeneCribbage.com.

Trivia! w/ Sam Nussbaum. 6:30pm today & Thu., Aug. 3, Claim 52 Kitchen, 1203 Willamette St., ste. 140.

Quality Trivia w/ Brett Silva!, 6:30-8:30pm today & Thu., Aug. 3, Viking Brewing Co., 520 Commercial St., unit F, FREE.

Trivia w/ Rob & Lorraine, 7pm today & Thu., Aug. 3, Swallowtail Spirits, 111 Main St., Spfd. FREE.

What Do You Know? Trivia, 7pm today & Thu., Aug. 3, The Highlands, 390 E. 40th Ave. & The Pedlar, 416 Main St., Spfd. FREE.

Crystal Harmony Karaoke, 7:30pm & July 27, Happy Hours, 645 River Rd. FREE.

What Do You Know? Trivia, 8pm today & Thu., Aug. 3, Doc's Pad, 710 Willamette St. & The Wild Goat, 1675 Franklin Blvd. FREE.

Aug. 3, The Monkey's Paw Tiki Bar, 420 Main St., Spfd.

Thu., Aug. 3, Spectrum, 150 W. Broadway. FREE. Caribbean Night, 9pm, Old

Petra Etc, 9pm today &

SOCIAL DANCE

Drop-in Japanese Obon Dance Practice, 6:30-8:30pm, Sheldon Community Ctr., 2445

SPECTATOR SPORTS

Spokane Indians, 6:35pm, PK Park. Tickets at MiLB. com.

Springfield Drifters 6:35pm, Hamlin Middle School, 326 Centennial Blvd., Spfd. Tickets at DriftersBaseball.com.

Doodles, 4pm, Bethel Library, 1990 Echo Hollow Rd. FREE.

FRIDAY

JULY 28

ACTIVIST ALERT

Ride, 6:30pm, meet at Kesey Square, Willamette St. & E. Broadway.

ART/CRAFT

Glass beaded earrings class, 2-5pm, Applegate Art Guild & Gallery, 87230 Central Rd., studio 5, off Hwy 126, West. \$35.

the Whit, 5:30-8pm, more than 20 locations. Location info at Whiteaker Art Walk Facebook and Instagram at @whiteakerartwalk.FREE.

Reptilian Cotillion: An Art Show Celebrating the Slithery and Scaled, 6:30-8:30pm, Graduate Hotel, 66 E. 6th Ave. FREE.

BENEFITS

Applegate Folk Festival benefit concert for Long Tom Watershed Council, 6pm, Applegate Regional Theater, 87230 Central Rd. (Fern Ridge area). \$20, 12-under FREE.

DANCE

Ballet Collective, 7:45pm, Platform 360, 1840 Willamette St. FREE.

FOOD/DRINK

Whiteaker Walking Food Tour w/ Eugene Eats Food Tours, 1-4pm today & Sat. Info at EugeneFoodTrours.

GATHERINGS

Breakfast at the Bike Bridges — Amazon Path

& E. 24th Ave., 7-9:30am. FREE.

Recovery Dharma Buddhist Meeting, 10-11:30am, Unitarian Universalist Church, 1685 W. 13th Ave. FREE.

Eugene City Club — "Ending Homelessness in Eugene: All Hands on Deck," noon, Maple Room at Inn at the Fifth, 205 E. 6th Ave Online at Eugene City Club Facebook, Airs 7pm Mon. July 31, on KLCC, 89.7 FM. FREE.

KIDS/FAMILY

Family Fun in the Sun: STEM is for Everyone!, 10am-5pm today, Sat. & Sun., Museum of Natural & Cultural History, 1680 E. 15th Ave. FREE w/ gen. admission.

Family Storytime, 10:15am, Sheldon Branch of Eugene Public Library, 1566 Coburg

Listen & Paint/Escucha y Pinta, 2pm, Bethel Library, 1990 Echo Hollow Rd. FREE.

Family Movie at the Park: Mr. Holland's Opus, 7:30pm, City Park Amphitheater, 25190 E. Broadway Ave., Veneta. FREE.

MUSIC

Tayberry Jam — Reggae On The Mountain 2023, all day today, Sat. & Sun., Cougar Mountain Farm, 34317 Witcher Extension, Cottage Grove. Info at TayBerryJam. com. \$80-180.

Lead Pony, psych bluesrock, 5pm, The Hybrid, 941 W 3rd Ave. N/C.

String Cheese Incident, bluegrass jam band, 5:30pm Cuthbert Amphitheater.

Candy Apple Bleu, pop, Junction City Beer Station, 495 Holly St., Junction City.

Concrete Delta Trio. blues. 6pm, Territorial Vineyards & Wine Co., 907 W. 3rd Ave.

SoulStruck, funk-soul, 7pm, Mac's Restaurant & Nightclub, 1626 Willamette St. N/C.

Tonewood Trio, harmony jazz, 7pm, Jazzy Ladies Cafe & Club, 560 Oak St. N/C.

Caleb Davis Quintet, 7:30pm, The Jazz Station, 124 W. Broadway. \$20.

Don Latarski & Brooks Robertson, master guitarists, 7:30pm, Tsunami Books, 2585 Willamette St.

The Folk Doggers, Americana-jazz, 7:30pm, The Public House, 418 A St.

Belzebong, stoner metal, w/ Greenbeard & Tigers on Opium, 9pm, John Henry's, 881 Willamette St. \$15.

Bon Bon Vivant, Americana rock, 9pm, The Big Dirty, 844 Olive St. \$7-10.

Gloomy June, pop, w/ Party Nails, Left on Read & Housekeeping, 9pm, Sam Bond's, 407 Blair Blvd. \$5.

NIGHTLIFE

Sold out.

Final Friday Bingo w/ Chad & Elliot, 7-9pm, Viking Braggot Co., 520 Commercial St., unit F. FREE.

Trivia, hosted by Brett 7pm, The Barn Light, 924 Willamette St. FREE.

Andale! Noche Latina, 8pm, WOW Hall, 291 W. 8th Ave. \$10.

EastSide AllStars Dance Party, 8pm, Happy Hours, 645 River Rd. FREE. DJ Meow Mixxx, 9pm, The Cooler Bar, 20 Centennial Lp. FREE.

Latinx Night, 9pm, Spectrum, 150 W. Broadway. \$5.

Fetish Night, 9:30pm, Old Nick's, 211 Washington St. \$10-15.

SOCIAL DANCE

Salsa Music & Dancing w/ Orquesta Descarga 54, 8:45pm, The Vets Club, 1626 Willamette St. \$13-15.

SPECTATOR SPORTS

Eugene Emeralds vs Spokane Indians, 6:35pm. PK Park. Tickets at MiLB.

TEENS

Self-care: Calming Down, 3pm, Sheldon Library, 1665 Coburg Rd. FREE.

THEATER

Puppeteers for Fears presents: Cthulhu The . Musical, 8pm, Whirled Pies, 199 W. 8th Ave. \$18-20.

SATURDAY

JULY 29

BENEFITS

Help is On the Way., a benefit for a family in need, 4-11pm, 3rd & Monroe, 810 W. 3rd Ave.

Queer Eugene, 6-10pm, 255 Madison, 255 Madison St. Info at 255Madison.com.

COMEDY

5pm, Sam Bond's, 407 Blair Blvd. FREE.

Bleepin' Funny Live Comedy,

Drag Takeover, 9pm, Sam Bond's, 407 Blair Blvd. \$10.

FARMERS MARKETS Lane County Farmers Market, 9am-3pm, Lane County Farmers Market, 85

Upriver Organics Farm Stand, 9am-6pm today, 10am-4pm Sun., Upriver Organics, 44382 McKenzie Hwy., Walterville.

South Valley Farmers Market, 10am-2pm, 7th & Main St., Cottage Grove.

Spencer Creek Growers Market, 10am-2pm, 86013

Lorane Hiwy. FOOD/DRINK

High Street Tonics Opening Day, noon-8pm, High Street Tonics, 233 W. 5th Ave. FREE.

GATHERINGS

Overeaters Anonymous, 9:30-10:30am, Unitarian Church, 1685 W. 13th Ave.

& Taiko Festival, 10am-9pm, Alton Baker Park, 100 Day Island Rd. FREE. 13th & Willamette Block

Asian Celebration w/ Obon

Gamin', 1288 Willamette St. FREE. Psychedelic Film, Discussion Circle & Library Browsing, noon-2pm, EDELIC Ctr., 631

Party, noon-9pm, Big City

E. 19th Ave., bldg B. FREE. Oueer Community Day noon-4pm, Queer Resource

Ctr., 1185 Arthur St. FREE. "State of the WOW Hall" membership meeting, 1pm. WOW Hall, 291 W. 8th Ave. FREE.

KIDS/FAMILY

Playtime, drop-in 10amnoon, Bethel Library, 1990 Echo Hollow Rd. FREE.

Karaoke, 9pm today & Thu., Lip SYNC Xtravaganza w/

Nick's, 211 Washington St.

Willakenzie Rd. FREE.

Eugene Emeralds vs

Portland Pickles vs.

Decorate Your World w/

Eugene Critical Mass Bike

Last Friday Art Walk in

Shared Space by Fermata

com. \$75-90.

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JULY 27, 2023 9



Family Storytime, 10:15am, 11:15am & 12:15am, Eugene Public Library. FREE

LECTURES/CLASSES

Eat It Up Over Brunch: An Oral Sex Workshop, 9-10:30am, As You Like It: The Pleasure Shop, 1655 W. 11th Ave., #1. \$20.

Felted soaps for holiday gifting, 2-4pm, Scobert Park, 4th Ave & Blair Blvd. \$10.

LITERARY ARTS

Meet & greet w/ Richard Leebrick, author of *The* Half-Life of Desire, 2-4pm, Tsunami Books, 2585 Willamette St. FREE.

MARKETS

Sidewalk Sale, 9am-3pm, Eugene Hotel, 222 East Broadway.

Eugene Saturday Market, 10am-4pm, Park Blocks, E. 8th Ave. & Oak St.

S.A.R.A.'s Parking Lot Sale, 10am-5pm, S.A.R.A.'s Treasures, 871 River Rd.

MUSIC

Eugene Saturday Market Stage: AllyStarDreamly, folk, 10am; Lone Jane, singer-songwriter, 11am; River Jam, Americana, noon; Rebels Journey, 1pm; TBA 2:30pm. Park Blocks, E. 8th Ave. & Oak St. N/C.

Bill Stotts, jazz-blues sax, 11am, South Valley Farmers Market, 7th & Main, Cottage Grove. N/C.

Bake Club, Americana, 5:30pm, Viking Brewing Co., 520 Commercial St., unit . N/C.

A Town Called Home. country, 6pm, Territorial Vineyards & Wine Co., 907 W. 3rd Ave. N/C.

Gabrial Sweyn, singersongwriter, 6pm, McKenzie General Store & Obsidian Grill, 91837 Taylor Rd., McKenzie Bridge. N/C.

RIFFLE, blues-R&B-rock, 6pm, Bennett Vineyards & Wine Co., 25974 OR-36, Cheshire. N/C.

Lea Jones, singersongwriter, 7pm, The 3 Legged Crane Pub & Brewhouse, 48329 E. 1st St., Oakridge, N/C.

Robert Bowman's Bowdog Trio, 7:30pm, The Jazz Station, 124 W Broadway.

Whiteaker Hot Club, swingjazz, 7:30pm, beergarden, 777 W. 6th Ave. N/C.

Traveling Wilburys Revue, Traveling Wilburys Tribute, 8pm, WOW Hall, 291 W. 8th Ave. \$30-35.

The Drolls, indie punk. w/ Titsweat & Ex Wife, 9pm, John Henry's, 881 Willamette St. \$10.

The Prince + Michael Experience w/ DJ Dave Paul, 9pm, The Big Dirty, 844

Olive St. \$6-10. Nu Bass Theory, Indian indie, w/ Fracas, 10pm, Blairally, 245 Blair Blvd. \$10.

NIGHTLIFE

Karaoke Night, 8pm, Doc's Pad. 710 Willamette

Rock, Roll & Rumble Car Cruise & Dance, 8pm, Historic Downtown Cottage Grove, Main St. FREE.

Karaoke, 8:30pm, Slice Downtown, 910 Willamette St. FREE.

Dark Matter, dark ravedance, 9pm, Old Nick's, 211 Washington St. \$5.

SPECTATOR SPORTS

Eugene Emeralds vs Spokane Indians, 5:05pm, PK Park. Tickets at MiLB.

SPIRITUAL

Meditation w/ River Wisdom Insight, 1-2:30pm, Unitarian Universalist Church, 1685 W. 13th Ave. FREE.

SUNDAY

JULY 30

ARTS/CRAFTS

The Art of Woodburning w/ Melissa Romeo, 1-3pm, Serene Abundance Studio Space, 1790 Highway 101, Florence. \$60.

Paint & Ales, 3-5pm, Oakshire Public House, 207 Madison St. \$55.

COMEDY

Come On In! Comedy Open Mic, 9pm, The Barn Light Bar, 924 Willamette St. FREE.

DRAG

Drag Brunch w/ Lyta Blunt, noon-2pm, Spectrum, 150 W. Broadway. FREE.

GATHERINGS

Deep Discussion Series, 6-7pm, Alluvium, 810 W. 3rd Ave. FREE

Tales From the White Finale, 8pm, Sam Bond's, 407 Blair Blvd. FREE.

KIDS/FAMILY

Fun w/ Clay, drop-in 1-5pm, Eugene Public Library. FREE.

LECTURES/CLASSES

Women's Self-Defense Class (ages 14+), 2-3pm, Art of War MMA, 164 W. Broadway. \$5-50, sliding scale.

Shibari Rope Workshop & Socal, 6pm, The Spot, 535 Main St., Spfd. \$40.

LITERARY ARTS

The Seed Keeper discussion group, 4pm, Eugene Public Library. FREE.

MARKETS

Free Market, 1-3pm, 3rd & Monroe, 810 W. 3rd Ave.

MUSIC

DeSolution Band, Zimbabwe band, 4pm, beergarden, 777 W. 6th Ave. N/C.

Irish Jam, 4pm, Sam Bond's, 407 Blair Blvd. N/C.

Steve Goodbar & Jerry Zybach, Americana, 5pm, Alesong at Fifth St. Public Market, 248 E. 5th Ave., #25. N/C.

Sunday Eastside Jam, 5pm signup, 6pm music, Twisted River Saloon, 1444 Main St., Spfd. N/C.

The Deep End, deep dubsbass & D&B, 9pm, The Big Dirty, 844 Olive St. \$5

NIGHTLIFE

Murder Mystery Night, 4-6pm, 255 Madison, 255 Madison St. \$40 single ticket, \$70 pair.

Open Mic, 5-7pm, ColdFire Brewing Company, 263 Mill St. FREE.

Test Your Smarts Trivia, 6-8pm, Graduate Eugene, 66 E 6th Ave. FREE.

Open Mic, 7-10pm, 3rd & Monroe, 810 W. 3rd Ave.

Crystal Harmony Karaoke, 8pm, Happy Hours, 645 River Rd. FREE.

Karaoke w/ Kevbot, 9pm, Old Nick's, 211 Washington

RECREATION

Yoga + Beer, 10-11am, The Public House, 418 A St., Spfd. Info at PublicHouseHub.com.

Eugene Community Movement & Ecstatic Dance, 11am-1pm, 118 Merry Ln. Mmeyer@efn.org for more info. FREE.

SPIRITUAL

Sin Covering, 10am, Baha'i Ctr., 1458 Alder St., parking behind. FREE.

Zen Meditation, 4:30-6pm, Blue Cliff Zen Ctr., 352 W. 12th Ave. FREE.

SPECTATOR SPORTS

Eugene Emeralds vs Spokane Indians, 4:05pm, PK Park. Tickets at MiLB.

MONDAY

JULY 31

COMEDY

Open Mic. 6pm, Slice Pizzeria, 325 Blair Blvd. FREE.

GATHERINGS

Eugene Frontrunners: A run/walk club for LGBTQIA+ folx & friends, 6pm, Amazon (Rexius) Trail Lp., 24th Ave. & Amazon Pkwy. FREE.

Integration Meetings, 7pm, 8:15pm breath work, Alton Baker Park, shelter 2. FREE-\$50, sliding scale.

Refuge Recovery Buddha Eye meeting, 7-8:30pm, Buddha Eye Temple, 2190 Garfield St. FREE.

KIDS/FAMILY

Broadway Bound Summer Camp w/ Pamela Lehan-Siegel, thru Aug. 4, 3rd-5th grade, 9:30am-12:30pm, First Congregational Church, 1050 E. 23rd Ave. Info at RoseChildrensTheatre.org.

Broadway Marathon Summer Camp w/ Marc Siegel, thru Aug. 4, 6th-8th grade, 1-4pm, First Congregational Church, 1050 E. 23rd Ave. Info at RoseChildrensTheatre.org.

"Let's Put on a Play!" Summer Camp w/ Wayne & Ryan Strong, thru Aug. 4, 2nd-5th grade, 9am-noon, Pleasant Hill Elementary School, 36386 Hwy 58, Pleasant Hill. First Congregational Church, 1050 E. 23rd Ave. Info at RoseChildrensTheatre.org.

Music's Edge Rock Camp, ages 10-18 thru Aug. 4, WOW Hall, 291 W. 8th Ave. Reg. at Musicsedgerocks.

LECTURES/CLASSES

Expression Through Art, drop-in 4:30-5:30pm, Trauma Healing Project, 631 E. 19th Ave., Bldg B. \$5-15, sliding scale.

MUSIC

Greg Howe, guitarist, 8pm, WOW Hall, 291 W. 8th Ave. \$30-35.

Color Green, rock, w/ Dannie Dorko Band & DJ Callie, John Henry's, 881 Willamette St. \$12.

Local Music Mondays, 9pm, The Big Dirty, 844 Olive St. \$5.

NIGHTLIFE

Bingo, 6-8pm, Gryff's Pub, 720 S. A St., Spfd. FREE.

Cribbage, 6:30pm, ColdFire Brewing, 263 Mill St. 4-game tournament, \$3 buy-in. Info at EugeneCribbage.com.

Open mic, 6:30pm, Houndstooth Public House, 1795 W. 6th Ave. FREE.

Trivia Mondays, 6:30pm, The Public House, 418 A St., Spfd. FREE.

What Do You Know? Trivia, 8pm, The Big Dirty, 844 Olive St. FREE.

Trivia Night w/ FWD Trivia, 8:30-10:30pm, The Bier Stein, 1591 Willamette St. FREE.

Bingo, 9pm, Sam Bond's, 407 Blair Blvd. FREE.

TUESDAY

AUGUST 1

ARTS/CRAFTS

Artistic Encounters, Tue., Wed. & Thu. thru Sept. 28, noon-1pm, Kesey Square, Willamette St. & E. Broadway. FREE.

Weekly Figure Art Sessions, 6-9pm, 3rd & Monroe, 810 W. 3rd Ave. \$8 drop-in.

CIVICS

Lane County Board of Commissioners, 9am, Harris Hall, 125 E. 8th Ave.

FARMERS MARKETS

Tuesday Farmers Market, 10am-3pm, Farmers Market Pavilion & Plaza, 85 E 8th

GATHERINGS

Trips Showcase, 10-11am, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. FRÉE.

Sips of Happiness Mindfulness Class, 1-2pm, Trauma Healing Project, 631 E. 19th Ave., Bldg. B. Sliding scale.

KIDS/FAMILY

Art & Tech Summer Youth Camp: Digital Art, thru Aug. 4, 1-5pm, Emerald Art Ctr., 500 Main St., Spfd. \$70-160. **LITERARY ARTS**

Releasing w/ Writing, 11:30am-12:30pm, Trauma Healing Project, 631 E 19th Ave., Bldg. B. \$5-15, sliding

TransPonder Book Club, 5-6pm. Email Info@ Transponder.Community for link.

MUSIC

Rich Fisher, rock, 6:30pm, Happy Hours, 645 River Rd.

Chamber Music Amici: The Shepherd on the Rock, ft. Spohr, Schubert & Mozart, 6:45pm today & Wed., Mount Pisgah White Oak Pavilion, 34901 Frank Parrish Rd. \$5-40.

Bluegrass Jam, 8:30pm, Sam Bond's, 407 Blair Blvd.

NIGHTLIFE

Karaoke, 6pm, Slice Pizzeria, 325 Blair Blvd. FREE.

Trivia Night, 6:30pm, Sunriver Brewing Co., Oakway Pub, 329 Oakway Rd. N/C.

Geeks Who Drink Trivia!, 7pm, Old Nick's Pub, 211 Washington St. FREE.

rivia Tuesday beergarden, 777 W. 6th Ave. FREE.

RECREATION

Gentle and Restorative Yoga, 10-11am, Trauma Healing Project, 631 E. 19th Ave., Bldg. B. FREE.

Nia Moving to Heal, 5-6pm. Reg. at HealingAttention.

Sound Meditation, 7-8pm, Eugene Yoga South, 3575 Donald St., #180. \$25-67.50.

SOCIAL DANCE

Salsa Dancing, 7-10pm, The Big Dirty, 844 Olive St. \$5.

TEENS

Youth Discover Project. 4-6pm, Parker Learning Gardens, 31241 Lanes Turn Rd. \$20.

WEDNESDAY

AUGUST 2

ART/CRAFT

Weekly Figure Art Sessions, 6:15-9pm, New Zone Gallery, 110 E. 11th Ave. \$8 drop-in.

BENEFITS

Eugene Darkroom Group Rummage Sale & Fundraiser, 5:30-8pm, Oakshire, 207 Madison St.

GATHERINGS

Recovery Dharma Buddhist Recovery Meeting, 5:30-7pm, Unitarian Universalist Church, 1685 W. 13th Ave. FREE.

KIDS/FAMILY

Carlos "Retro" Rasmussen & Thomas "Gradient" Hiura: Hip-hop Family Flows, 10:30-11:30am, Spfd. Public Library, 225 5th St., Spfd. FREE.

Children's Garden Club (ages 5-11), 4-6pm, Parker Learning Gardens, 31241 Lanes Turn Rd. \$20.

Walk It Off with the Y Cancer Survivor Day, 5:30-6:30pm, Alton Baker Park. FREE.

MUSIC

Pickathon 2023, thru Aug. 6, Pendarvis Farm, 16581 SE Hagen Rd., Happy Valley. Ticket & lineup info at Pickathon.com.

OFAM Sing-Along 1: Army's Hit Kit of Popular Songs, 1:30pm, Sheffer Recital Hall at The Shedd. N/C.

Sounds Like Summer: Left on Wilson, jazz, w/ Magician David Grinder, 5pm, Island Park, 200 W. B St., Spfd.

N/C. Open Blues Jam w/ Dave Roberts, 6pm, The Cooler Bar, 20 Centennial Lp. N/C.

Eye Candy, punk, w/ Ladders, Sailing Camp, Mothra & Only Only, 7pm, The Spot, 535 Main St.,

Spfd. \$10. Samba Ja, Latin dance, 7pm, Scobert Park, 4th Ave. & Blair Blvd. N/C.

OFAM: In The Mood, 7:30pm, The Shedd. \$25-39. Tender Desertrat & the Mischief, folk songwriter, w/

Foreign Flower, 9pm,. Sam

Bond's, 407 Blair Blvd. \$5. Toby Driver as Alora Crucible, multi instrumentalist, w/Thief, 9pm, John Henry's, 881

Willamette St. \$12-16. NIGHTLIFE

What Do You Know? Trivia, 5pm, Tap & Growler, 207 E. 5th Ave. FREE.

Beer, Banter & Quality

Ty Connor, 7-8:30pm,

Trivia, 6pm, Hop Brewing Co., 990 W. 1st Ave. FREE. Bingo Wednesdays w/

beergarden, 777 W. 6th Ave.

Trivia, hosted by Brett, 7pm, Drop Bear Brewery, 2690 Willamette St. FREE.

Open Mic, 7-8pm, The Kind Hop, 2023 River Rd. FREE.

Trivia night w/ Brett, 7pm, Drop Bear Brewery, 2690 Willamette S. FREE.

What Do You Know? Trivia. 7pm, The Barger Grill, 4261 Barger Dr., & Side Bar, 1680 Coburg Rd. FREE.

Open Mic, 8:30pm, Mulligan's Pub, 2841 Willamette St. FREE.

Karaoke, 9pm, The Big Dirty, 844 Olive St. FREE.

Karaoke, 9pm, The Webfoot, 839 E. 13th Ave. FREE. Karaoke w/ Lyta Blunt, 9pm, Spectrum, 150 W. Broadway.

RECREATION Queer Youth Yoga (8-12), 4pm, Willamette High School, 1801 Echo Hollow

Rd. FREE. Vinyasa Flow Yoga w/ Fox, 5-6pm, The Hybrid, W. 3rd

Ave. Don. Gender Diverse Yoga (13+), 6-7pm, Sheldon Community Ctr., 2445 Willakenzie Rd.

Lunar Practice, 7:30pm, Eugene Yoga South, 3575 Donald St., #180. \$20.

THURSDAY

AUGUST 3 COMEDY

Rodney Carrington, 7pm, Hult Ctr. Tickets start at

Nick at Nite Open Comedy Mic, 9pm, Old Nick's, 211 Washington St. FREE.

OFAM: The Road To Morocco, 9:30am, Sheffer Recital Hall at The Shedd. FREE.

FILM

GATHERINGS CALC Summer Open House, 5:30-8pm, Community Alliance of Lane County, 458

Blair Blvd. FREE.

MUSIC OFAM: We'll Meet Again,

1:30pm, The Shedd. \$25-39. Beck & Phoenix, rock, w/ Jenny Lewis & Sir Chloe, 5pm, Hayden Homes Amphitheater, 344 SW Shevlin Hixon Dr., Bend.

Flamenco w/ Elena Villa, flamenco, 5:30 pm, Hult Ctr. N/C. Cake, variety, 6pm,

Tickets start at \$99.

Summer Series: Dúo

Cuthbert Amphitheater,. \$39. Open Blues Jam w/ Dave Roberts, 6pm, Jimmy Mac's Overtime Bar & Grill, 770 S

Simple Trio, jazz, 6pm, Territorial Vineyards & Wine Co., 907 W. 3rd Ave. N/C. Whirly Bop ft. Skip Jones, Steve Arriola, Theo Halpert & Sylvain Duplant,

Bertelsen Rd. N/C.

jazz-swing, 7pm, Mac's Restaurant & Nightclub, 1626 Willamette St. N/C. OFAM: A Long, Long Time: Bing, Bob & The Andrews Sisters, 7:30pm, The Shedd. \$25-39.

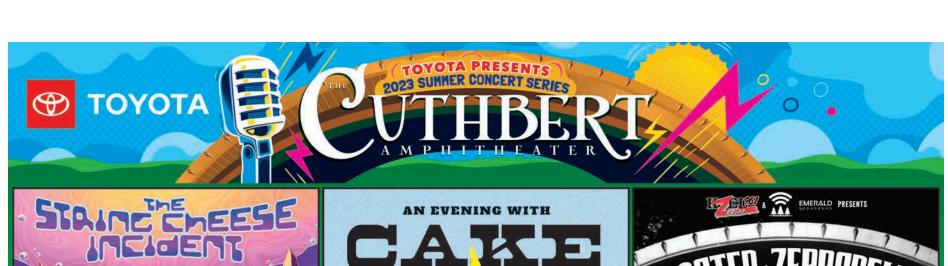
The bluegrass sessions, 8pm, The Big Dirty, 844 Olive St. N/C.

Jess Ryan Band, rock, w/ Face Transplant, 9pm, Sam Bond's, 407 Blair Blvd. \$5. Sepulchral Decay, metal,

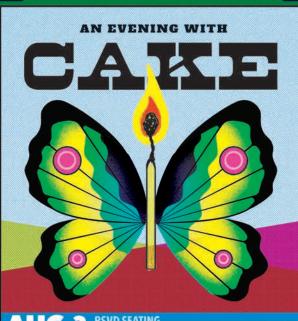
w/ Spill, John Henry's, 881

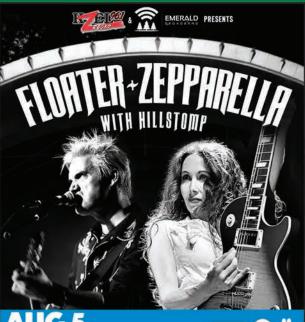
Willamette St. \$10. **THEATER**

Roving Park Players present: The Princess & The Goblin, 6pm, Petersen Barn Community Ctr., 870 Berntzen Rd. FREE.









AUG 3 RSVD SEATING 6:00PM GATES • 7:30PM SHOW

KESEY (H)

AUG 5
5:00PM GATES • 6:30PM SHOW

KESEY (II)



what matters most tour

AUG 19 RSVD SEATING 5:30PM GATES • 7:00PM SHOW

5:30PM GATES • 7:00PM SHOW





AUG 25
4:30PM GATES • 6:00PM SHOW





AUG 26 RSVD SEATING 8 GA LAWN 5:30PM GATES • 7:00PM SHOW





10 100 100 EP 12 RSVD SEATING & GA LAWN KESEY (Y) **5:30PM GATES • 7:00PM SHOW**



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Puppet Masters of the Universe

ASHLAND-BASED ADULT PUPPET THEATER TROUPE BRINGS A TOUCH OF MUSICAL HORROR TO EUGENE

By Will Kennedy

or Josh Gross, musical theater was just too unrealistic — he couldn't get over all the spontaneous singing and dancing in unison. He chose puppet-horror-musical theater, instead.

The very notion of puppet-horror-musical theater, Gross tells *Eugene Weekly* over the phone, is "so ridiculous, it shoots the moon and goes all the way to the other side of believability. At that point no one will question why everyone is breaking into song, because it's already ludicrous."

Based on H.P. Lovecraft's fantasy-sci-fi classic *The Call of Cthulhu*, Gross' troupe, Puppeteers for Fears, presents *Cthulhu: The Musical!*, July 28 at Whirled Pies in Eugene.

Lovecraft's tale of an elemental aquatic creature may seem unlikely fodder for a musical puppet theater adaptation, but in the past, Puppeteers for Fears has tackled a puppet-based 15-minute adaptation of the blockbuster serial killer yarn *The Silence of the Lambs*. Other originals have covered Bigfoot, aliens and cyberpunk.

Referring to the Lovecraft source material, Gross says, "We wanted to do a legitimate adaptation of the original, but if you've ever read the original story — calling it a story is almost a little strange."

There isn't a strong narrative arc in the source material, first published in 1928, Gross says. "A lot of the traditional elements of storytelling aren't really there."

In Puppeteers' adaptation, someone has disappeared on a mysterious island, and a cult idol may be involved. A police detective is investigating a murder leading to Cthulhu, Lovecraft's tentacled creation.

Along the way, there's room for puppeteer improvisation, and the music is a mix of psychedelic and surf rock with oceanic themes, Gross says.

Most of the sets in the production are digital video projections, combining original artwork, charcoal illustration, animated video, shadow puppetry and more. Combined, there's "a grand sense of scale," Gross says. "It has this wonderful sense of tone and dread." But with puppets, "the horror element is softened," he says.

Cthulhu: The Musical is directed by Katie Curtis. Gross



wrote the script and rock-based score. He also sits in on drums, accompanying The Elephant, an Ashland-based band opening the show with a set of original folk and sea shanty-inspired material.

All puppets are designed and built in-house, with shadow puppetry from Alyssa Mathews and art direction and set and animation design from Aubry Hollingshead. There are typically 10 to 15 people involved in any Puppeteers for Fears production, Gross says.

Puppeteers for Fears has taken *Cthulhu* on the road before, but in this, their first West Coast tour since the pandemic, there is an update on the popular show, with more shadow-puppetry than before and a new song, Gross says.

Working with puppets "there's this surreal meta-layer,"

Gross explains. Audiences "know it's not a real person, a monster or talking tentacle, but they still react as if it was. You can play with that liminal space," which opens comedic and narrative possibilities, he says.

Whether it's a monster, a humanoid puppet or a talking toaster, Gross says, characters are "not governed by how we live as humans. From a narrative standpoint and from a comedic standpoint — that's gold."

And with Lovecraft in particular, he adds, "so much of his work is the idea that reality itself is maddening. You have to have these blinders on. There's no truer distillation of Lovecraft's madness than a musical puppet show."

With adult content, Puppeteers for Fears presents Cthulhu: The Musical! 8 pm Friday, July 28, at Whirled Pies; \$18 advance, \$20 door, 21-plus.



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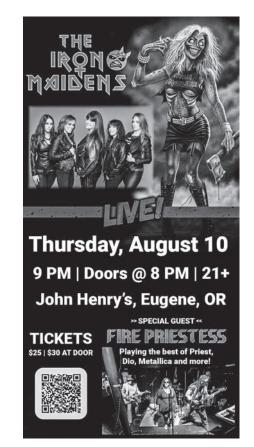
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DISABILITY SERVICES ADVISORY COUNCIL NEEDS NEW MEMBERS Are you someone who lives with a disability? Do you have a passion for working with and advocating for people with disabilities? If yes, please consider applying for membership to the Senior & Disability Services (S&DS) Disability Services Advisory Council. S&DS provides all of Lane County with a wide range of publicly funded services for older adults and people with disabilities. The council advises S&DS on services and advocates on issues that are important to people with disabilities. For more information please contact us at sdsadvisory council@lcog.org, or ADRC Toll-free line at 800-441-4038, or download an application on our website at www.lcog.org/ sdslane. Application deadline: July 31,

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Jonesin' Crossword BY MATT JONES

1. Garden crawlers

6. Slangy pet name 9. Big girder

14. Eyelashes, scientifically 15. "Blue Rondo ___ Turk" (Dave Brubeck song)

16. Auli'i Cravalho role of 2016 17. Time away from work. for short 18. She inspired a boycott

20. "SNL" alum who starred in the recently canceled "American Auto" 22. Muscle below a delt

23. Madrid money, before 24. Preslev's middle name

26. Copier powder 29. Go too far with 33. Pro at CPR

38. Barnyard noises 39. Her Modernist sculptures include "Contrapuntal Forms"

46. Vacillate 53. Give

entry derive?

and "Rock Form (Porthcurno)" 43. Cheese with Buffalo wings 44. Comedian Silverman 45. One in favor

49. Behavioral boo-boos 51. Eagerly repetitive greeting

57. Word after meal or sewing 60. Big name in 1990s tennis 63. Tag on some holiday presents--or where the beginnings of each theme

65. Lucky Charms charm 66. Chick who was once keyboardist for Miles Davis 67. Thoughtful ability?

69. Stifled laugh 70. Hearty bread

71. Heavy, like bread 1. Old metal

2. Former "Weekend Edition" host Hansen 3. Bones in forearms 4. Sally Field TV title characte

5. Upstate N.Y. battle site of 1777 6. S.F. area transit system

7. Plant for balms 8. Breezy class 9. Acting on the spot

10. Fabulous neckwear 11. Sandwich rank 12. Lyricist for Sinatra's "My

13. Schooner part

"Must Be"

-I know it's early.

19. Prefix with dynamic 21. Comparatively sound 25. Verne's captain 27. Delayed flight stats 28. Kingdom in Tolkien's "The Lord of the Rings" 30. Actor Kinnear 31. Lavish attention (on) 32. Labor Dept. div. 33. Points of decline 34. "The ___ gaze" (early card in the Cards Against Humanity starter pack) 35. Sloth's hangout 37. Late pianist Peter 40. #43 41. Tibetan mammal 42. Rushed (by) 47. Sets as a goal 48. "Hold on there!" (this is the correct spelling, and

I will be taking no further questions) 50. Hay fever symptom 52. Sanctum or circle

54. Four-time Formula One champ ___ Prost

55. Beach birds 56. Lauder with an empire 57. Some red-and-white fast

food outlets 58. Multivitamin additive 59. Symbol in el zodiaco

61. "The ___ Bitsy Spider" 62. Superhero accessory

64. "La ___" (Debussy opus)





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FREE WILL ASTROLOGY BY ROB BREZSNY

ARIES (MARCH 21-APRIL 19): You are about to read a thunderbolt of sublime prophecies. It's guaranteed to nurture the genius in your soul's underground cave. Are you ready? 1. Your higher self will prod you to compose a bold prayer in which you ask for stuff you thought you weren't supposed to ask for. 2. Your higher self will know what to do to enhance your love life by at least 20 percent, possibly more. 3. Your higher self will give you extra access to creativity and imaginative powers, enabling you to make two practical improvements in your life.

TAURUS (APRIL 20-MAY 20): In 1991, John Kilcullen began publishing books with "for Dummies" in the title: for example, Sex for Dummies, Time Management for Dummies, Personal Finance for Dummies, and my favorite, Stress Management for Dummies. There are now more than 300 books in this series. They aren't truly for stupid people, of course. They're designed to be robust introductions to interesting and useful subjects. I invite you to emulate Kilcullen's mindset, Taurus. Be innocent, curious and eager to learn. Adopt a beginner's mind that's receptive to being educated and influenced. (If you want to know more, go here: tinyurl.com/TruthForDummies)

GEMINI (MAY 21-JUNE 20): "I could be converted to a religion of grass," says Indigenous author Louise Erdrich in her book *Heart of the Land*. "Sink deep roots. Conserve water. Respect and nourish your neighbors. Such are the tenets. As for practice — grow lush in order to be devoured or caressed, stiffen in sweet elegance, invent startling seeds. Connect underground. Provide. Provide. Be lovely and do no harm." I advocate a similar approach to life for you Geminis in the coming weeks. Be earthy, sensual and lush. (PS: Erdrich is a Gemini.)

CANCER (JUNE 21-JULY 22): I hereby appoint myself as your temporary social director. My first action is to let you know that from an astrological perspective, the next nine months will be an excellent time to expand and deepen your network of connections and your web of allies. I invite you to cultivate a vigorous grapevine that keeps you up-to-date about the latest trends affecting your work and play. Refine your gossip skills. Be friendlier than you've ever been. Are you the best ally and collaborator you could possibly be? If not, make that one of your assignments.

LEO (JULY 23-AUG. 22): There are two kinds of holidays: those created by humans and those arising from the relationship between the sun and earth. In the former category are various independence days: July 4 in the U.S., July 1 in Canada, July 14 in France and June 2 in Italy. Japan observes Foundation Day on February 11. Among the second kind of holiday is Lammas on August 1, a pagan festival that in the Northern Hemisphere marks the halfway point between the summer solstice and autumn equinox. In pre-industrial cultures, Lammas celebrated the grain harvest and featured outpourings of gratitude for the crops that provide essential food. Modern revelers give thanks for not only the grain, but all the nourishing bounties provided by the sun's and Earth's collaborations. I believe you Leos are smart to make Lammas one of your main holidays. What's ready to be harvested in your world. What are your prime sources of gratitude?

VIRGO (AUG. 23-SEPT. 22): For many of us, a disposal company regularly comes to our homes to haul away the garbage we have generated. Wouldn't it be great if there was also a reliable service that purged our minds and hearts of the psychic gunk that naturally accumulates? Psychotherapists provide this blessing for some of us, and I know people who derive similar benefits from spiritual rituals. Getting drunk or intoxicated may work, too, although those states often generate their own dreck. With these thoughts in mind, Virgo, meditate on how you might cleanse your soul with a steady, ennobling practice. Now is an excellent time to establish or deepen this tradition.

LIBRA (SEPT. 23-OCT. 22): I'm wondering if there is a beloved person to whom you could say these words by Rumi: "You are the sky my spirit circles in, the love inside love, the resurrection-place." If you have no such an ally, Libra, the coming months will be a favorable time to attract them into your life. If there is such a companion, I hope you will share Rumi's lyrics with them, then go further. Say the words Leonard Cohen spoke: "When I'm with you, I want to be the kind of hero I wanted to be when I was seven years old."

SCORPIO (OCT. 23-NOV. 21): Your theme for the coming weeks is "pleasurable gooseflesh." I expect and hope you'll experience it in abundance. You need it and deserve it! Editor Corrie Evanoff describes "pleasurable gooseflesh" as "the primal response we experience when something suddenly violates our expectations in a good way." It can also be called "frisson" — a French word meaning "a sudden feeling or sensation of excitement, emotion or thrill." One way this joy may occur is when we listen to a playlist of songs sequenced in unpredictable ways — say Mozart followed by Johnny Cash, then Edith Piaf, Led Zeppelin, Blondie, Queen, Luciano Pavarotti and Yellow Magic Orchestra. Here's your homework: Imagine three ways you can stimulate pleasurable gooseflesh and frisson, then go out and make them happen.

SAGITTARIUS (NOV. 22-DEC. 21): "Fire rests by changing," wrote ancient Greek philosopher Heraclitus. In accordance with astrological omens, I ask you to meditate on that riddle. Here are some preliminary thoughts: The flames rising from a burning substance are always moving, always active, never the same shape. Yet they comprise the same fire. As long as they keep shifting and dancing, they are alive and vital. If they stop changing, they die out and disappear. The fire needs to keep changing to thrive! Dear Sagittarius, here's your assignment: Be like the fire; rest by changing.

CAPRICORN (DEC. 22-JAN. 19): There's ample scientific evidence that smelling cucumbers can diminish feelings of claustrophobia. For example, some people become anxious when they are crammed inside a narrow metal tube to get an MRI. But numerous imaging facilities have reduced that discomfort with the help of cucumber oil applied to cotton pads and brought into proximity to patients' noses. I would love it if there were also natural ways to help you break free of any and all claustrophobic situations, Capricorn. The coming weeks will be a favorable time to hone and practice the arts of liberation.

AQUARIUS (JAN. 20-FEB. 18): "Silent gratitude isn't very much use to anyone," said Aquarian author Gertrude B. Stein. She was often quirky and even downright weird, but as you can see, she also had a heartful attitude about her alliances. Stein delivered another pithy quote that revealed her tender approach to relationships. She said that love requires a skillful audacity about sharing one's inner world. I hope you will put these two gems of advice at the center of your attention, Aquarius. You are ready for a strong, sustained dose of deeply expressive interpersonal action.

PISCES (FEB. 19-MARCH 20): According to the International Center for Academic Integrity, 95 percent of high school students acknowledge they have participated in academic cheating. We can conclude that just one of 20 students have never cheated — a percentage that probably matches how many non-cheaters there are in every area of life. I mention this because I believe it's a favorable time to atone for any deceptions you have engaged in, whether in school or elsewhere. I'm not necessarily urging you to confess, but I encourage you to make amends and corrections to the extent you can. Also: Have a long talk with yourself about what you can learn from your past cons and swindles.

Homework: What single good change would set in motion a cascade of further good changes? Newsletter. Free Will Astrology.com

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Legal Notices

ESTATE OF KAREN KAY MCINTIRE NOTICE TO INTERESTED PERSONS Case # 23PB06232 Notice: The Circuit Court of the State of Oregon, for the County of Lane has appointed the undersigned as Personal Representative of the Estate of Karen Kay McIntire, deceased. All persons having claims against said estate are required to present the same, with proper vouchers to the undersigned personal representative in care of the undersigned attorney at: 294 Warner Milne Rd. #A, Oregon City, OR 97045 within four months from the date of first publication of this notice as stated below, or they may be barred. All persons whose rights may be affected by this proceeding may obtain additional information from the records of the court, the Personal Representative, or the Attorney for the Personal Representative, Dated and first published July 27, 2023. Attorney/Personal Representative: Grant Yoakum, OSB #921600, 294 Warner Milne Rd. #A, Oregon City, OR 97045, (503) 697-1009

FOR THE COUNTY OF LANE PROBATE **DEPARTMENT** In the Matter of the Estate of: BARBARA LOUISE GUY, Deceased, Case No. 23PB05352 NOTICE TO INTERESTED PERSONS. NOTICE IS HEREBY GIVEN that Debra Louise Cantrell has been appointed personal representative. All persons having claims against the estate are required to present them, with vouchers attached, to the personal representative c/o R. Scott Corey, Oregon Probates, LLC, 1011 Liberty St, SE, Salem, OR 97302, within four months after the date of the first publication of this notice, or the claims may be barred. All persons whose rights may be affected by the proceedings may obtain additional information from the records of the Court, the personal representative, or the lawyers for the personal representative, Debra Louise Cantrell, Dated and first published on July 13, 2023. /s/ Debra Louise Cantrell, Personal Representative: Debra Louise Cantrell; Phone: (541) 520-7810. Attorney for Personal Representative: R. Scott Corey, OSB No. 910346; Oregon Probates, LLC, 1011 Liberty St, SE, Salem, OR 97302; Phone (503) 779-0088; Fax: (503) 581-1818;

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR LANE COUNTY PROBATE DEPARTMENT. In the Matter of the Estate of MARGARETE RALIMANN Decedent Case 23PB05848 NOTICE TO INTERESTED PERSONS, NOTICE IS HEREBY GIVEN that John R. Baumann has been appointed personal representative. All persons having claims against the estate are required to present them, with vouchers attached, to the personal representative at the law office of Bassinger Hoyt LLC, Attn: Thomas H. Hoyt, 1200 Executive Parkway, Suite 320, Eugene, Oregon 97401 within four months after the date of first publication of this notice, or the claims may be barred. All persons whose rights may be affected by the proceedings may obtain additional information from the records of the court, the personal representative, or the attorney for the personal representative, Thomas H. Hoyt, OSB #660662, Bassinger Hoyt LLC, 1200 Executive Parkway, Suite 320, Eugene Oregon 97401, 541-687-8700, thoyt@ bassingerhoyt.com. Date of first publication 07/27/23.

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR LANE COUNTY PROBATE DEPARTMENT. In the Matter of the Estate of JOHN NORMAN BLOOMFELDT, Decedent. Case No. 23PB05381 NOTICE TO INTERESTED PERSONS. NOTICE IS HEREBY GIVEN that Carl Bloomfeldt has been appointed personal representative. All persons having claims against the estate are required to present them, with vouchers attached, to the personal representative at

the law office of Bassinger Hoyt LLC, Attn: Thomas H. Hoyt, 1200 Executive Parkway, Suite 320, Eugene. Oregon 97401 within four months after the date of first publication of this notice, or the claims may be barred. All persons whose rights may be affected by the proceedings may obtain additional information from the records of the court, the personal representative or the attorney for the personal representative, Thomas H. Hoyt, OSB #660662, Bassinger Hoyt LLC, 1200 Executive Parkway, Suite 320, Eugene, Oregon 97401, 541-687-8700, thoyt@bassingerhoyt.com. Date of first publication 07/27/23

IN THE CIRCUIT COURT OF THE STATE OF

OREGON FOR THE COUNTY OF LANE
[Probate Department] In the Matter of the Estate of Lily Darlene Larson, Deceased. Case No. 23PB06301 NOTICE TO INTERESTED PERSONS. NOTICE IS HEREBY GIVEN that SUSAN LEANN DAVIS-LARSON and CHRISTOPHER SEAN LARSON have been appointed Co-Personal Representatives of the above-named estate. All persons having claims against the estate are required to present them, with vouchers attached, to the undersigned attorney at 1880 Willamette Falls Drive, Suite 250, West Linn, Oregon 97068, within four months after the date of first publication of this notice, or the claims may be barred. All persons whose rights may be affected by the proceedings may obtain additional information from the records of the Court, the Co-Personal Representatives, or the attorney for the Personal Representatives, Henry T. Rau of Rau Law Firm. Date of First Publication: 07/20/23. /s/ Henry T. Rau, Rau Law Firm, Attorney for Personal Representatives. Personal Representatives: Susan Leann Davis-Larson and Christopher Sean Larson, 738 N Adair Street, Space 88, Cornelius, Oregon 97113. LAWYER FOR PERSONAL REPRESENTATIVES: Henry T. Rau (OSB No. 152942), Rau Law Firm, 1880 Willamette Falls Drive, Suite 250, West Linn, Oregon 97068, (503)222-3434; htt@raulawfirm.

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF LANE In the Matter of the Estate of Carole Athelda Welch DeBarro, Deceased. No. 23PB06004 NOTICE TO INTERESTED PERSONS, NOTICE IS HEREBY GIVEN that the undersigned has been appointed personal representative, All persons having claims against the estate are required to present them, with vouchers attached, to the undersigned personal representative at 5876 F. St., Springfield, OR 97478, within four months after the date of first publication of this notice, or the claims may be barred. All persons whose rights may be affected by the proceedings may obtain additional information from thebrecords of the court, the personal representative, or the attorney for the personal representative. Lawrence Deckman, at 2406 Lawrence Street, Eugene, Oregon 97405 (541) 731-1227. Dated and first published July 13. 2023. /s/ Melissa C. Spencer, Personal Representative

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF LANE In the Matter of the Estate of Dora Natella, Deceased. No. 23PB06007 NOTICE TO INTERESTED PERSONS. NOTICE IS HEREBY GIVEN that the undersigned has been appointed personal representative. All persons having claims against the estate are required to present them, with vouchers attached, to the undersigned personal representative at 16346 Rootstock Court, Granger, IN 46530, within four months after the date of first publication of this notice, or the claims may be barred. All persons whose rights may be affected by the proceedings may obtain additional information from the records of the court, the personal representative, or the attorney for the personal representative, or the attorney for the personal

sonal representative, Lawrence Deckman, at 2406 Lawrence Street, Eugene Oregon 97405, (541)731-1227. Dated and first published July 13, 2023. [s/] Andrea Natella, Personal Representative

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF LANE PROBATE DEPARTMENT. In the Matter of the Estate of GERARD AKNOUNY, Deceased. Probate Case No. 23PB06393 NOTICE TO INTERESTED PERSONS NOTICE IS HEREBY GIVEN that the undersigned has been appointed personal representative. All persons having claims against the estate are required to present them, with vouchers attached, to Mark P. O'Donnell, attorney for Personal Representative, at O'Donnell Law Firm LLC, 1 Centerpointe Dr., Ste 505, Lake Oswego, OR 97035, within four months after the date of first publication of this notice, or the claims may be barred. All persons whose rights may be affected by the proceedings may obtain additional information from the records of the court, the personal representative, or the attornevs for the personal representative Mark P. O'Donnell. Dated and first published July 27, 2023. Arak Khanbabian, Personal Representative. ATTORNEY FOR PERSONAL REPRESENTATIVE: Mark P. O'Donnell, OSB No. 681192, O'DONNELL LAW FIRM LLC, 1 Centerpointe Dr., Ste 505, Lake Oswego, OR 97035, (503) 274-1155, email: mark@odlf.

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF LANE, In the Matter of the Estate of JEAN M. MCLAUGHLIN, Deceased, Case No. 23 PB 05606. Notice is hereby given that the undersigned has been appointed personal representative. All persons having claims against the estate are required to present them, with youchers attached, to the undersigned personal representative at Adam R. Schulz, Attorney & Counselor at Law, LLC, 2451 Willamette Street, Eugene, Oregon, 97405, within four months after the date of first publication, or the claims may be barred. All persons whose rights may be affected by the proceedings may obtain additional information from the records of the court, the personal representative, or the lawyers for the personal representative, of Adam R. Schulz, Attorney & Counselor at Law, LLC, 2451 Willamette Street, Eugene Oregon, 97405. Dated and first published on 07/27/23, /s/ Adam R. Schulz, Personal

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF LANE, In the Matter of the Estate of TOWANA LEE THOMPSON, Deceased, Case No. 23 PB 05610. Notice is hereby given that the undersigned has been appointed personal representative. All persons having claims against the estate are required to present them, with vouchers attached, to the undersigned personal representative at Adam R. Schulz, Attorney & Counselor at Law, LLC, 2451 Willamette Street, Eugene, Oregon, 97405, within four months after the date of first publication, or the claims may be barred. All persons whose rights may be affected by the proceedings may obtain additional information from the records of the court, the personal representative, or the lawyers for the personal representative, Adam R. Schulz, Attorney & Counselor at Law, LLC, 2451 Willamette Street, Eugene, Oregon, 97405. Dated and first published on 07/27/23, /s/ Adam R. Schulz, Personal

NOTICE IS HEREBY GIVEN that Mirkan O. Schoolcraft has been appointed and has qualified as the personal representative of the Estate of Jayne Margaret Schoolcraft, deceased, in Lane County Circuit Court Case No. 23PB06032. All persons having claims against the estate are hereby required to present their claims, with proper vouchers, within four months after the date of first publication of this notice, as stated below to the personal representative c/o





 $oldsymbol{4}$, JULY 27, 2023

Tami S.P. Beach, 1184 Olive Street, Eugene OR 97401, or the claims may be barred. All persons whose rights may be affected by the proceedings in this estate may obtain additional information from the records of the court, the personal representative, or the attorney for the personal representative. Date of first publication: 07/13/23. PERSONAL REPRESENTATIVE: Mirkan 0. Schoolcraft, 33762 East Harvey Road, Creswell, OR 97426. ATTORNEY FOR PERS. REP.: Tami S.P. Beach, 1184 Olive Street,

NOTICE OF LIEN SALE ORS 87.192 Notice is public lien sale by auction of the personal property stored in the spaces listed below will be held on August 17, 2023, at the hour of 11:00 a.m. at www.storagetreasures.com. The property is stored at 5353 Main St., Springfield, OR. The spaces and occupants are: 115A Kathy Heavirland (Price), 79 Todd Owens, 69A Catrina Durr, 118B Adriana Garcia Schneider, 15B Jessica Williams

NOTICE TO INTERESTED PERSONS ESTATE OF EDWARD J. FISHER, LANE COUNTY CIRCUIT COURT CASE NO. 23PB06540. NOTICE IS HEREBY GIVEN that the under signed has been appointed Personal Representative. All persons having claims against the estate are required to present them, with written evidence thereof attached, to the Personal Representative Robert E. Fisher, c/o Janice L. Mackey, Hutchinson Cox, PO Box 10886, Eugene, Oregon 97440. All persons having claims against the estate are required to present them within four months after the date of first publication of this notice to the Personal Representative at the address stated above for the presentation of claims or such claims may be barred. All persons whose rights may be affected by these pro-ceedings may obtain additional information from the records of the Court, the Personal Representative, or the Attorney for the Personal Representative, named above. Dated and first published 07/27/23

NOTICE TO INTERESTED PERSONS ESTATE OF JAMES RENNEL HOLSOPPLE - LANE COUNTY CIRCUIT COURT CASE NO. 23PB04728, NOTICE IS HEREBY GIVEN that Denise Lynn Holsopple has been appointed personal representative. All persons having claims against the estate are required to present them, with written evidence thereof attached, to the personal representative at 6409 Lower Fiddle Creek Rd., Westlake, OR 97493. All persons having claims against the estate are required to present them within four months after the date of the first publication of this notice to the personal representative at the address stated above for the presentation of claims or such claims may be barred. All persons whose rights may be affected by this proceeding may obtain additional information from the records of the Court, the personal representative, or the attorney for the personal rep resentative. Dated and first published July 13, 2023. Attorney for personal representative: Salvatore Catalano, OSB#161012, Catalano Law P.C., P.O. Box 5026, Eugene,

NOTICE TO INTERESTED PERSONS ESTATE OF MARGARET ANNA WEILL LANE COUNTY CIRCUIT COURT CASE NO. 23PB06022 NOTICE IS HEREBY GIVEN that the under signed has been appointed Personal Representative. All persons having claims against the estate are required to present them, with written evidence thereof attached, to the Personal Representative Michele C. Smith, c/o Janice L. Mackey, Hutchinson Cox, PO Box 10886, Eugene, Oregon 97440. All persons having claims against the estate are required to present them within four months after the date of first publication of this notice to the Personal Representative at the address stated above for the presentation of claims or such claims may be barred. All persons whose rights may be affected by these pro-

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ceedings may obtain additional information from the records of the Court, the Personal Representative, or the Attorney for the Personal Representative, named above Dated and first published 07/13/23.

NOTICE TO INTERESTED PERSONS ESTATE OF WILBUR G. WOOD. LANE COUNTY CIRCUIT COURT CASE NO. 23PB06512. NOTICE IS HEREBY GIVEN that the undersigned has been appointed Personal Representative. All persons having claims against the estate are required to present them, with written evidence thereof attached, to the Personal Representative Greg Wood, c/o Connor J. Harrington, Hutchinson Cox, PO Box 10886, Eugene, Oregon 97440. All persons having claims against the estate are required to present them within four months after the date of first publication of this notice to the Personal Representative at the address stated above for the presentation of claims or such claims may be barred. All persons whose rights may be affected by these proceedings may obtain additional information from the records of the Court, the Personal Representative, or the Attorney for the Personal Representative, named above. Dated and first published 07/27/23

NOTICE TO INTERESTED PERSONS IN THE CIRCUIT COURT FOR THE STATE OF OREGON FOR LANE COUNTY - PROBATE DEPARTMENT Case No. 23PB06328. In the matter of the Estate of PHYLLIS KING BARKER Decedent NOTICE IS HERERY GIVEN that TODD THOMAS, of Cornerstone Services Inc., has been appointed personal representative. All persons having claims against the estate are required to present them, with vouchers attached, to the aforementioned personal representative c/c Northwest Legal, Attn: Jinoo Hwang, 975 Oak Street, Suite 700, Eugene, OR 97401, within four months after the date of first publication of this notice, or the claims may be barred. All persons whose rights may be affected by the proceedings may obtain additional information from the records of the court, the personal representative, or attorney for the personal representative, Northwest Legal, Attn: Jinoo Hwang, 975 Oak Street, Suite 700, Eugene, OR 97401.

NOTICE TO INTERESTED PERSONS NOTICE IS HEREBY GIVEN that the undersigned has been appointed and has qualified as the Personal Representative of the Estate of Gordon A. Keable, deceased, Lane County Probate No. 23PB05120. All persons having claims against the estate are required to present their claims, with proper vouchers, within four months after the date of first

publication of this notice, as stated below to the Personal Representative at 188 West B Street, Bldg. N, Springfield, Oregon 97477, or the claims may be barred. All persons whose rights may be affected by the proceedings in this Estate may obtain additional information from the records of the rmation from the records of the Court, the Personal Representative, or the attorney for the Personal Representative Dated and first published: 07/27/23. Garry A. Keable, Personal Representative, Kay Hyde-Patton, Attorney for Personal Representative Leahy Cox, LLP, 188 W. B Street, Bldg. N, Springfield, Oregon 97477, (541) 746-9621

NOTICE TO INTERESTED PERSONS NOTICE IS HEREBY GIVEN that the undersigned has been appointed and has qualified as the Personal Representative of the Estate of Georgina S. Libby, deceased, Lane County Probate No. 23PB05377. All persons having claims against the estate are required to present their claims, with proper vouchers, within four months after the date of first publication of this notice, as stated below to the Personal Representative at 188 West B Street, Bldg. N, Springfield, Oregon 97477, or the claims may be barred. All persons whose rights may be affected by the proceedings in this Estate may obtain additional information from the records of the Court, the Personal Representative, or the attorney for the Personal Representative.

Dated and first published: 07/27/23. Dorisann Clark, Personal Representative Kay Hyde-Patton, Attorney for Personal Representative, Leahy Cox, LLP, 188 W. B Street, Bldg. N, Springfield, Oregon 97477, (541) 746-9621

NOTICE TO INTERESTED PERSONS: Probate administration proceedings in the Estate of Marcus Hartsfield, Deceased, are now pending in the Circuit Court of the State of Oregon for Lane, County, Case No. 23PB06115, and Rhonda Gilbreath has been appointed Personal Representative of the estate. All persons having claims against the estate are required to present the same with proper vouchers, to the Personal Representative, c/o Gleaves Swearingen LLP, Attorneys at Law, 975 Oak Street, Suite 800, Eugene, OR 97401, within 4 months from the date of the first publication of this notice or such claims may be barred. NOTICE IS FURTHER GIVEN to all persons whose rights may be affected by the above- entitled proceedings that additional information may be obtained from the records of the Court, the Personal Representative, or the attorneys for the Personal Representative. Dated and first published this 27 day of July, 2023.

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SAVAGE LOVE

BY DAN SAVAGE



I have a partner of several decades who needs me, as I am his primary caregiver and he's been going through a prolonged health crisis. But we have been sexless for two decades. There are multiple reasons for that, on both sides, some of which include the fact that I'm just not that physically attracted to him anymore — even if I once was, even if I love him, even if I still feel sexual desire, just not in his direction. I have no interest in renewing our sexual relationship, especially not now, given the condition he's in. I don't even know if he's capable anymore. But I don't want to give up being a sexual being. I also don't think he would be open to opening the relationship and allowing me to get my needs met elsewhere. He's very traditional in that sense, and I'm scared to ask. I think it would break his heart.

Yet, at the same time, he's kind of getting his needs met via porn, which he hides and he's very reluctant to talk about, although I understand. Not because I watch or enjoy porn, but because I understand he has needs, and I am not fulfilling them. I guess in his mind it's different because he's not engaging in a relationship with someone else, so it's not cheating, Although I could argue that the amount of hours he spends watching porn and the extreme types he views certainly feels like something close to cheating to me. Not quite sure what I'd call it. I kind of mind when it's bordering on iailbait and/or violent situations. I do find those subjects more problematic, but I'm trying really hard not to judge, even when it's more disturbing to me, because I don't want to add to his shame. These are just fantasies, and he wouldn't act on them. He can't act on them. So, I am trying not to mind, and consider myself grateful that he is getting his needs met somehow, and I'm off the hook.

My question, I guess, is how do I broach the topic that I have needs, too? And maybe get permission to get them met elsewhere without hurting him? I'm not going to leave him. I can't. That would be cruel. But I don't want to spend the rest of our lives (and his might not be that much longer) living like α nun.

– Married Or Martyr

So, you don't wanna meet your husband's sexual needs, assuming he's still capable of being sexual; in fact, the thought of being sexual with your husband — who's on his way out — is so unappealing that you don't even want to risk broaching the subject of sex, MOM, for fear he might get ideas about being sexual with you. But you can somehow risk monitoring the porn your husband consumes, MOM, porn he tries to hide from you (however unsuccessfully), porn you could help him hide from you (by turning a blind fucking eye), and porn you should be grateful he has access to (porn gets you off the hook).

While you were never that sexually attracted to your husband, MOM, at some point you made the difficult transition from sexual and romantic partner — or presumed/default sexual and romantic partner — to caretaker. Even people who enjoyed strong sexual connections with their long-term partners sometimes have to make that awful transition, and the sex dwindles away. But sex was never an important part of your marriage and stuck around anyway, and now vou've taken on profound obligations and responsibilities that transcend sex; vou're not there to get him off, you're there to see him out. That's a loving thing to do - or it's a thing that can be done lovingly (some people are monstrous to their dying partners) — and the less resentful you are about the pressures and deprivations that come with being a caretaker, the more loving a caretaker vou'll be.

So, there's your rationalization, MOM. If discreetly getting sex elsewhere without seeking your husband's permission — thereby sparing your husband a painful and pointless conversation that would only highlight what never worked about your marriage at the end of his life — will bring you some small measure of happiness, I think you should go ahead and get sex elsewhere. It's entirely possible your husband is no more interested in having sex with you than you are with him — it's possible he prefers porn at this stage of his life — but regardless, MOM, your husband didn't ask for your permission before he figured out a way to take care of his own needs. He did what he needed to do. You should do the same.

P.S. But for the love of Christ, MOM, stop looking at his browser history or dusting his DVD collection or whatever it is you're doing that forces you to think about the porn your husband is watching. If his porn preferences bother you, there's an easy fix for that: respect his privacy.

P.P.S. I honestly can't understand why people whose marriages have been sexless for years or decades but who choose to stay together don't release their spouses from monogamous

Here's the situation: I'm involved with someone who is depressed, and I don't know how to help him. His depression has caused him to lose the ability to experience pleasure, for the most part. He's on anti-depressants, but not the kind that impacts your libido. How do I lift his spirits and get him to enjoy sex again?

"It can be very difficult when someone you love needs help but won't get it," says John Moe, host of Depresh Mode, a podcast that tackles depression with humor and without stigma. "You can only lead the horse to water, right? It's a tricky move that depression pulls where the disorder sort of builds a protective shield around itself where the person is so devoid of hope and self-regard that they don't think help is either possible or deserved, when in fact it's both."

So, while your partner is already on antidepressants and therefore has sought some sort of treatment, if he's still struggling with depression — and having no libido can be a sign that someone is struggling — he may not be on the right antidepressants and/or antidepressants aren't the only treatment he needs.

"When I was at my low point, before diagnosis and before treatment, I didn't think I was worth getting better," Moe says. "Finally, my wife said, 'If you don't love yourself enough to go see someone, do you love me and the kids?' I said sure, of course. 'Then do it for us,' she said. And I did. The other line I know sometimes works when people don't want to get help is to just ask how the status quo is working out for them. Like, what exactly is so great about the current situation that you want to hold on to? Not so much about sex. really, but getting help can lead to a better mental state where sex becomes more feasible.

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